



Welcome to
Wellness Online
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July is Summer Wellness Month

- Stay Cool When Exercising
- Avoiding Heat Related Illness
- Keep Summer Healthy: Shape Up Your Eating Habits
- Source4Women: Lose the Muffin Top
- Test Your Smarts: Enter to win a \$400 Visa gift card!
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Stay Cool When Exercising

Stay safe while exercising in the summer heat.

Safety tips

Heat-related illness is serious. But that doesn't mean you're doomed to a summer spent exercising in the air-conditioned gym. Try these safety tips before you step foot out in the sun:



1. **Exercise in the early morning or late evening hours.** The temperature is the coolest at this time. Avoid exercising midday because it's the hottest part of the day.
2. **Drink up!** Do not wait until you are thirsty to start hydrating. Make sure to drink adequate amounts of fluids. If you are exercising for an extended period of time, you may need to replace the salt and minerals lost through sweat. If you are on diuretics (water pills) or a low-salt or fluid-restricted diet, talk to your doctor first about your specific fluid needs.
3. **Wear lightweight, loose-fitting clothing.** Consider dressing in clothes made with moisture-wicking fabric.
4. **Protect yourself from the sun.** Wear a hat, sunglasses and sunscreen with an SPF 15 or higher. Try to exercise in the

shade. Play tennis on a court shaded by the trees or take a walk in a wooded park.

5. **Rest early and often.** Take breaks in shady areas.
6. **Gradually get used to the heat.** It takes 7 to 10 days for your body to adapt to the change in temperature. Start by exercising for a short time, at a low intensity. Save long, hard workouts until after you're acclimated to the summer air.
7. **Mind the weather.** Do not exercise outside on the hottest days. Keep an eye on the heat index. The heat index is a calculation of the temperature and humidity. It measures "how hot it really feels" outside. Be cautious when the heat index gets above 80 degrees. Consider working out indoors. Walk around a shopping mall or do a workout DVD in your air-conditioned home.
8. **Stop if you don't feel well.** If you have any of the warning signs of heat-related illness, stop your workout right away.



Avoiding Heat Related Illness

How the heat can hurt you.

Each person has his or her own personal air-conditioning system inside the body. When you get hot, you sweat. Perspiration is the body's way of cooling off. As sweat evaporates, the body releases heat. But when you get extremely hot or in high humidity, sweating may not be enough. The body then has to work extra hard to keep its temperature down. Eventually, the body will be unable to rid itself of the excess heat. This can lead to a high body temperature and heat-related illness.

Recognize warning signs

The heat can take its toll on your body and make you sick. Heat-related illness can even be life-threatening. Learn how to spot signals of heat-related illness. They range from cramps to muscle spasms because of lost nutrients to more serious signs like dizziness or fainting.

Heat exhaustion is a warning sign that your body cannot keep itself cool. **Stop exercising right away.** Heat exhaustion is dangerous and may lead to heat stroke. Symptoms include:

- Excessive thirst
- Heavy sweating
- Weakness
- Dizziness
- Headache
- Cramps
- Nausea or vomiting
- Dehydration

Heat stroke is life-threatening. **Stop exercising right away and call 9-1-1** for any of the following symptoms:

- Unusual behavior, hallucinations or confusion
- Fainting
- Seizures
- Fever of 104 degrees F or greater

Seek immediate medical attention if you or someone else:

- Is vomiting and unable to keep fluids down
- Has dizziness or lightheadedness
- Looks very ill or is not getting better
- Has symptoms of heat exhaustion

Heat illness is more likely to occur in people who:

- Are 65 or older
- Infants and children up to age four

- Have chronic illnesses
- Are obese

If possible; move to a cool place, cool the body down and drink fluids.

Always check with your doctor before you take your exercise routine to the great outdoors.

Keep Summer Healthy: Shape Up Your Eating Habits

Want to shape up your eating habits over the summer? With an abundance of fruits and vegetables, there is no time like the present.



You've decided to cut back on hot dogs, peel the fatty skin off your barbequed chicken, and limit mayo-laden macaroni and potato salads. Will this be enough to shape up your summertime eating habits?

Cutting back on high-fat meats and mayo-drenched salads is a good place to start. But along with limiting certain foods, it's just as important to think about what to add to your meal plan.

To make healthy eating habits stick, it's better to think more about enjoying your food and less about what to avoid. Here are some ideas to whet your appetite that won't expand your waistline.

Make simple substitutions

Breaking an unhealthy food habit doesn't mean you have to make radical changes or follow complicated recipes.

- Exchange artery-clogging creamy sauces and dressings with marinades or dressings made with olive oil or canola oil (heart-healthy fats) and herbs.
- Instead of serving a classic potato salad with creamy mayo, try steaming new potatoes and drizzling them with olive oil, garlic powder, and chopped chives.
- Look for chicken or turkey sausages to grill instead of pork. They taste delicious and often offer great savings on fat and calories.
- Use wholesome barley or quinoa for a grain-based salad instead of pasta or potatoes. Add lots of raw, cut-up veggies, such as red peppers, carrots, red onion, and celery.
- Go for sorbets and fruits instead of heavy cakes if you crave dessert.
- Drink plenty of water in lieu of sports drinks and sodas.
- Downsize what you put on your plate. Fill two thirds of it with fruits, vegetables, and grains, and one third with poultry, fish, or meat.

Take advantage of the season

Summer is prime time for the best fruits and vegetables.

- Try grilling vegetables, such as pearl onions, mushrooms, zucchini, and bell peppers. Most vegetables can be grilled by cutting them into bite-size pieces and threading onto skewers. Grilled fruit kabobs are also a great summertime dessert!
- Buy fresh herbs (or grow them). They can bring out the flavor in food. If you have extra, chop them up, put them in an ice-cube tray and fill it with water. Once the herbs freeze, pop them out and put them in a plastic bag. Defrost by running them under hot water.
- At your next barbeque, skip the chips and serve crunchy carrot sticks, bell pepper strips, and broccoli with a low-fat dip.
- Head to the beach with a veggie-filled picnic lunch. In addition to turkey or lean ham on whole-wheat bread, pack fruits and vegetables such as baby carrots, cherry tomatoes, grapes, plums, and cherries.
- If you are going camping or hiking, unsweetened dried fruits, such as cranberries, raisins, apricots, and figs, are easy to tote in your backpack.

- Avoid food dyes and excess sugar, and make your own frozen fruit pops at home. Freeze 100-percent fruit juice in small paper cups (add diced-up fruit to the juice before freezing for extra fiber and nutrients). Insert wooden sticks when the juice is slushy enough to hold the stick upright. When the juice is frozen solid, peel the paper off and serve.
- Keep containers of fruits and vegetables washed and cut into bite-sized pieces in the refrigerator. Have them as snacks instead of chips and cookies.

Above all, remember that moderation is the key. If you crave a juicy cheeseburger, try to avoid the fries or heavy potato salad. Pick and choose wisely, and you can enjoy your summer foods and stay healthy at the same time.

Source4Women Online Seminar

Lose the Muffin Top

Kathleen Zelman, MPH, RD

July 12, 2016, 12:30 p.m. ET, 11:30 a.m. CT, 10:30 a.m. MT, 9:30 a.m. PT

Many women discover bodily changes like the dreaded muffin top, after hitting menopause. Hormonal changes along with routine aging may cause many women to struggle with weight gain. During this seminar we will review the latest science and research on this critically important topic. We will also showcase strategies that may help women in their pre and post menopause years keep their bones strong, hearts healthy and waistlines trim.



To register for an upcoming Source4Women online seminar, visit www.source4women.com and click on "Online Seminars & Events." All seminars are recorded and archived for viewing after the live seminar date.



Test Your Health Care Knowledge

Test your knowledge with our July activities:

1. Take a quiz about the different health care options when you need care.
2. Watch a video on Virtual Visits and take a poll.
3. Assemble a puzzle and learn about UnitedHealthcare tools.

Participate in one or more of the activities for a chance to win a \$400 Visa gift card! Click [here](#) to get started!

Health Tip

Confused by all of the sunscreen options and ingredients? Do you have concerns about what type of sunscreen is best for you and your family? Do the medications you're taking put you at a higher risk for getting sunburned? What does Sun Protection Factor (SPF) measure and what are its limitations?

Find out how to choose the right sunscreen for your skin type and get answers to all of your sunscreen questions from the Skin Cancer Foundation's Guide to Sunscreens. [Click here](#) to learn more!



Healthy Recipe: Strawberry, Arugula and Spinach

Salad with Grilled Shrimp

Ingredients:

- 2 cups baby spinach, rinsed and dried
- 2 cups arugula, rinsed and dried
- 2 cups strawberries, sliced (1 pint)
- 2 ounces crumbled goat cheese
- 3 tablespoons pecans, toasted and chopped
- 2 small green onions, sliced
- 1 pound shrimp, cleaned and deveined



Salad Dressing:

- 2 tablespoons balsamic vinegar (or use your favorite vinegar)
- 1 tablespoon honey mustard
- 1 tablespoon olive oil
- 1 tablespoon fresh chopped basil
- Pinch of salt and freshly ground pepper

Preparation

1. *Salad dressing:* Whisk the vinegar and honey mustard together in a small bowl. Slowly whisk in olive oil. Add fresh herbs and season with salt and pepper.
2. Heat and oil grill. Grill shrimp 3-4 minutes on each side until slightly charred and cooked through. Remove from heat.
3. Combine all salad ingredients together and toss with salad dressing. Divide onto four plates and arrange grilled shrimp on top. Serve and enjoy.

Yield: 4 servings

Nutrition Facts:

Calories: 251

Calories from fat: 45%

Fat: 12.8g

Saturated Fat: 4g

Cholesterol: 177mg

Sodium: 306mg

Carbohydrate: 12.5g

Dietary Fiber: 2.5g

Protein: 23g

Source: Kathleen Zelman, MPH, RD

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